

PANTRY CHECKLIST

CANNED FOOD

- ☒ Coconut cream
- ☐ Coconut milk
- ☐ Pears
- ☐ Corn kernels
- ☒ Beetroot
- ☒ Asparagus

- ☐ Kidney beans
- ☒ Borlotti beans
- ☐ Baked beans
- ☐ Pie apples
- ☒ Passionfruit pulp
- ☒ Pineapple slices

- ☐ Chopped tomatoes
- ☒ Whole tomatoes
- ☒ Tuna
- ☒ Chickpeas
- ☒ Condensed milk
- ☐ Evaporated milk

CONDIMENTS & SAUCES

- ☐ Curry paste
- ☐ Pesto
- ☒ Sweet chilli sauce
- ☒ White wine vinegar
- ☐ Wholegrain mustard
- ☐ Pasta sauce

- ☒ Soy sauce
- ☐ Jam
- ☐ Tomato paste
- ☐ Chilli sauce
- ☐ Maple syrup
- ☐ Apple cider vinegar
- ☐ Vegemite

- ☐ Tomato sauce
- ☐ Stock
- ☐ Barbecue sauce
- ☐ Olive oil
- ☐ Canola oil
- ☐ Vegetable oil

BAKING

Healthy Recipes Checklist

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